

# Tuscan Smoked Turkey and Bean Soup

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Meat / Meat Alternate

Soups & Stews, H-12r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, diced 1/2"	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 cups	<b>1.</b> Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
*Fresh celery, diced	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
*Fresh carrots, diced	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
*Fresh kale, no stems, coarsely chopped	1 lb	3 qt 1/2 cup	2 lb	1 gal 2 1/4 qt	
Canned low-sodium tomato paste	9 oz	1 cup (1/3 No. 2 1/2 can)	1 lb 2 oz	2 cups (2/3 No. 2 1/2 can)	
Fresh garlic, minced		1/2 cup		1 cup	<b>2.</b> Add stock, beans, salt, and pepper. <b>3.</b> Reduce temperature to low heat. Cover and
Low-sodium chicken stock		2 gal		4 gal	

Canned low-sodium Navy beans, drained, rinsed	5 lb 12 oz	3 qt 3 1/2 cups (1 1/2 No. 10 cans)	11 lb 8 oz	1 gal 3 3/4 qt (3 No. 10 cans)
OR	OR	OR	OR	OR
*Dry Navy beans, cooked (See Notes Section)	5 lb 12 oz	3 qt 3 1/2 cups	11 lb 8 oz	1 gal 3 3/4 qt
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Ground black pepper		1 tsp		2 tsp
Smoked turkey breast, 1/4" pieces	2 lb 12 oz	2 qt	5 lb 8 oz	1 gal
*Fresh parsley, chopped		1/4 cup		1/2 cup
Fresh thyme, finely chopped		1/4 cup		1/2 cup
Fresh basil, finely chopped		1/4 cup		1/2 cup

4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes.

5. Critical Control Point: Hold for hot service at 135 °F or higher.

6. Portion with 8 fl oz ladle (1 cup).

Notes

**Our Story**

Asheville, North Carolina is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of another well-known region of fine dining—Tuscany—as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The team

together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted.

The team's hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

### **Ira B. Jones Elementary School**

Asheville, NC

#### **School Team Members**

**School Nutrition Professional:** Susan Bowers

**Chef:** Denny Trantham (Executive Chef, The Grove Park Inn, Resort and Spa)

**Community Members:** Tara Jardine (Volunteer Coordinator and Representative, AmeriCorps) and Sarah Cain (Principal)

**Student:** Nichelle B.

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

#### **SOAKING BEANS**

**OVERNIGHT METHOD:** Add 1  $\frac{3}{4}$  qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking the beans.

**QUICK-SOAK METHOD:** Boil 1  $\frac{3}{4}$  qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with cooking the beans.

#### **COOKING BEANS**

Once the beans have been soaked, add 1  $\frac{3}{4}$  qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an

additional 4 hours

1 lb dry Navy beans = about 2 ¼ cups dry or 5 7/8 cups cooked beans.

1 cup (8 fl oz ladle) provides:

**Legume as Meat Alternate:** 1 1/2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

OR

**Legume as Vegetable:** ½ oz equivalent meat, ¼ cup legume vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Celery	14 1/2 oz	1 lb 13 oz
Carrots	14 1/2 oz	1 lb 13 oz
Kale	1 lb 8 oz	3 lb
Dry Navy beans	2 lb 10 oz	5 lb 4 oz
Parsley	1 oz	2 oz

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.	<b>50 Servings:</b> about 25 lb 8 oz  <b>100 Servings:</b> about 50 lb	<b>50 Servings:</b> about 3 gallons  <b>100 Servings:</b> about 6 gallons

Nutrients Per Serving					
Calories	135	Saturated Fat	1 g	Iron	2 mg
Protein	15 g	Cholesterol	21 mg	Calcium	62 mg
Carbohydrate	14 g	Vitamin A	3058 IU	Sodium	525 mg
Total Fat	3 g	Vitamin C	7 mg	Dietary Fiber	4 g